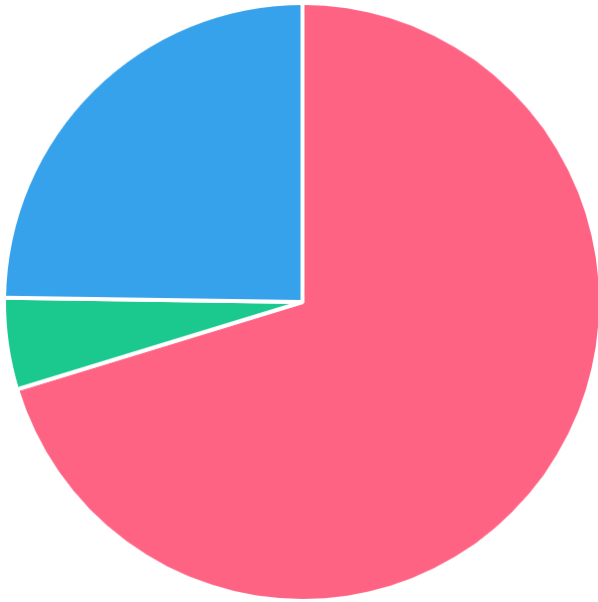


# August 17th, 2020



25g of 25g Net Carbs

43g Total Carbs

15g Fiber









155g of 155g Fat

123g of 124g Protein





2029 of 1988 Net Calories

25g of 25g Net Carbs  
0g remaining

## My Meals

	Net Carbs	Fat	Protein	Net Calories	
<b>Breakfast</b>	<b>4g</b>	<b>37g</b>	<b>29g</b>	<b>475</b>	⋮
 Raw Egg 4 medium	2g	19g	22g	273	⋮
 Ghee 1 tablespoon	--	13g	--	112	⋮
 Spinach 1 cup	--	--	1g	7	⋮
 Tomato Raw (includes Cherry, Grape, Roma) ¼ cup	1g	--	--	8	⋮
 Bacon 2 slice - 6" long	--	6g	5g	75	⋮
<b>Lunch</b>	<b>8g</b>	<b>34g</b>	<b>24g</b>	<b>436</b>	⋮
 Tastes Lovely Asian Beef Stir Fry Manually inputted	6g	21g	23g	310	⋮
 Frozen Cauliflower Rice 1 Serving	2g	--	1g	14	⋮
 Clarified Butter (butter Oil) 1 tablespoon	--	13g	--	112	⋮
<b>Dinner</b>	<b>7g</b>	<b>42g</b>	<b>23g</b>	<b>508</b>	⋮

## My Meals

	Net Carbs	Fat	Protein	Net Calories	
 Wild Pacific Mahi-mahi by Kirkland Signature 1 portion	1g	1g	21g	100	⋮
 Fennel Bulb, Raw 1 cup	4g	--	1g	27	⋮
 Extra Virgin Olive Oil ½ tablespoon	--	7g	--	60	⋮
 Frozen Cauliflower Rice 1 Serving	2g	--	1g	14	⋮
 Coconut Oil 2-½ tablespoon	--	34g	--	304	⋮
 Orange Peel Or Zest Raw ½ tbsp	--	--	--	3	⋮
 Fennel Fronds (per HeadChef.com) 1 teaspoon	--	--	--	1	⋮
<b>Snack 1</b>	--	<b>5g</b>	<b>18g</b>	<b>121</b>	⋮
 Organic Earl Gray Tea by Trader Joe's 1 tea bag					⋮
 Heavy Cream 1 tablespoon	--	5g	--	51	⋮
 Collagen Peptides Unflavored by Vital Proteins 2 scoops	--	--	18g	70	⋮
<b>Snack 2</b>	<b>6g</b>	<b>32g</b>	<b>8g</b>	<b>349</b>	⋮
 Almonds 3 tablespoon, whole pieces	3g	14g	5g	155	⋮
 Pecans 2 tablespoon, halves	1g	9g	1g	88	⋮
 Coconut Chips by Whole Foods 3 tablespoon	1g	6g	1g	57	⋮
 Dark Chocolate Chips by Lily's 60 chips	2g	4g	1g	50	⋮
<b>Snack 3</b>	--	<b>4g</b>	<b>20g</b>	<b>140</b>	⋮
 Turkey Snack Sticks by Chomps 2 stick	--	4g	20g	140	⋮
<b>Supplements</b>	--	--	--	--	⋮
<b>Subtotal</b>	<b>25g</b>	<b>155g</b>	<b>123g</b>	<b>2029</b>	

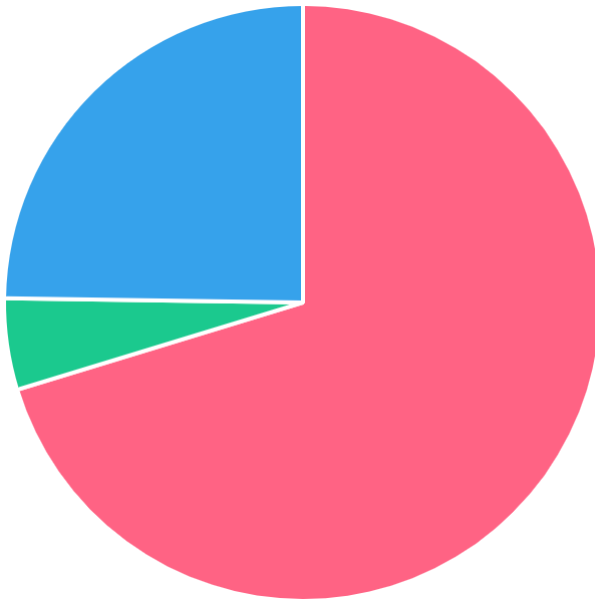
## My Meals

	Net Carbs	Fat	Protein	Net Calories	
Exercise	--	--	--	--	⋮
<b>Total</b>	<b>25g</b>	<b>155g</b>	<b>123g</b>	<b>2029</b>	

## My Notes

## My Macros

Actuals ▼



5% Net Carbs  
25g - 98 Calories

70% Fat  
155g - 1395 Calories

25% Protein  
123g - 492 Calories

Macronutrient ratios are based on the share of calories in your diet, with carbs and protein contributing 4 calories / gram, and fat 9 calories / gram. The total may vary somewhat from your recorded calorie intake due to variability in how nutrition labels derive calories from macronutrients.

## My Foods

Net Carbs ▼

### Food

### Value



















### % Total



Tastes Lovely Asian Beef Stir Fry

6.2g

25.3%

<b>Food</b>	<b>Value</b>	<b>% Total</b>
 Fennel Bulb, Raw	3.6g	14.7%
 Frozen Cauliflower Rice	3.4g	13.8%
 Almonds	2.5g	10.4%
 Dark Chocolate Chips by Lily's	2.0g	8.1%
 Raw Egg	2.0g	8.0%
 Tomato Raw (includes Cherry, Grape, Roma)	1.2g	4.7%
 Wild Pacific Mahi-mahi by Kirkland Signature	1.0g	4.1%
 Coconut Chips by Whole Foods	0.6g	2.3%
 Pecans	0.5g	2.1%
 Orange Peel Or Zest Raw	0.4g	1.8%
 Spinach	0.4g	1.7%
 Heavy Cream	0.4g	1.7%
 Bacon	0.3g	1.1%
 Fennel Fronds (per HeadChef.com)	0.1g	0.3%
 Collagen Peptides Unflavored by Vital Proteins	--	--
 Extra Virgin Olive Oil	--	--
 Coconut Oil	--	--
 Ghee	--	--

Food	Value	% Total
 Turkey Snack Sticks by Chomps	--	--
<b>Total</b>	24.6g	100%

These are the foods you've eaten this day, sorted by the amount they've contributed to your Net Carbs. Use this table to determine which foods are adding the most (and the least) to your totals for the day.

## My Nutrition Totals

Nutrient	Value	% Goal
Calories	2029.3	102.1%
Total Carbs	42.6g	---
Net Carbs ⓘ	24.6g	98.2%
Diab. Net Carbs ⓘ	26.2g	---
Fiber	14.9g	---
Starch	0.4g	---
Sugar	14.6g	---
Added Sugar	0.1g	---
Sugar Alcohols	3.2g	---
Protein	122.9g	99.1%
Fat	155.0g	100.0%
Monounsatur. Fat	39.5g	---
Polyunsatur. Fat	12.1g	---
Omega-3 Fat	0.8g	---
Omega-6 Fat	11.3g	---
Saturated Fat	68.1g	---
Trans Fat	1.3g	---

<b>Nutrient</b>	<b>Value</b>	<b>% Goal</b>
Cholesterol	894.7mg	---
Glycemic Load	3.4	---
Calcium	400.9mg	---
Iron	8.7mg	---
Magnesium	156.2mg	---
Phosphorus	601.9mg	---
Potassium	1202.1mg	---
Sodium	1543.6mg	---
Zinc	4.3mg	---
Copper	0.6mg	---
Selenium	64.7mcg	---
Vitamin A	867.0mcg	---
Vit B1 (Thiamin)	0.3mg	---
Vit B2 (Riboflavin)	1.4mg	---
Vit B3 (Niacin)	3.9mg	---
Vitamin B5	3.1mg	---
Vitamin B6	0.5mg	---
Vitamin B12	2.2mcg	---
Vitamin C	34.1mg	---
Vitamin D	4.2mcg	---
Vitamin E	11.4mg	---
Vitamin K	211.0mcg	---
Folate	183.6mcg	---
Choline	578.5mg	---

Please note that some foods in our database do not contain full nutrition info. As a result, the above totals may be less than the actual values you've consumed. Please check the nutrition on individual foods to see if they contain the nutrients you'd like to track.

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